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WHY QUIT?

Benefits For Your Baby

QUITTING SMOKING DURING YOUR PREGNANCY:

- * Increases the amount of oxygen your baby will get
- * Increases the chances your baby's lungs will work well
- * Lowers the risk that your baby will be born too early
- * Increases your chances of having a normal-weight, healthy baby
- ₩ Increases the chances your baby will come home from the hospital with you



from cigarettes get into the baby's blood. They can harm the baby and limit the baby's growth.

WHY QUIT?

Benefits For You

QUITTING SMOKING DURING PREGNANCY.

- * Gives you more energy and helps you breathe easier
- * Saves you money that you can spend on other things
- * Makes your clothes, hair, and home smell better
- * Makes your food taste better
- Lets you feel good about what you've done for yourself and your baby

Quitting Smoking early in pregnancy is best, but quitting at any time has benefits for you and your baby.



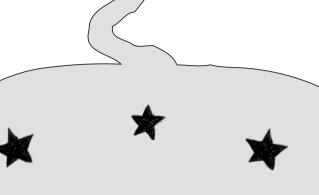
FACTS * About Quitting

- Many pregnant women are tempted to cut down the number of cigarettes they smoke instead of quitting. Cutting down to less than five cigarettes a day can reduce risk, but quitting is the best thing you can do for you and your baby.
- * It's never too late to quit smoking during your pregnancy.
- *
- After just one day of not smoking, your baby will get more oxygen. Each day that you don't smoke, you are helping your baby grow.









- During the first few weeks after quitting, cravings and withdrawal symptoms may be strongest. You can reduce the length of each craving for a cigarette by distracting yourself (keep your hands, mouth, and mind busy).
- * Withdrawal Symptoms are often Signs that your body is healing They are normal, temporary, and will lessen in a couple of weeks.
- Weight gain during pregnancy is normal. If you are worried about gaining weight when you quit smoking, now is an ideal time to quit. The weight you gain is far less harmful than the risk you take by smoking.



If you are thinking about quitting, it helps to prepare The next few pages will guide you.



Preparing To WHAT ARE YOUR REASONS FOR QUITTING? LIST YOUR REASONS HERE:



*GHANGING YOUR *DAILY HABITS

List three daily habits you can change to reduce your chances of smoking:

INSTEAD OF SMOKING WHEN I:

I WILL TRY DOING THIS:

















KEEPING YOUR MANDS & MOUTH BUSY

LIST 4 THINGS YOU CAN DO WITH YOUR HANDS AND MOUTH INSTEAD OF SMOKING:









EXAMPLES OF WASTO KEEP YOUR ANDS & MOUTH BUSY

FOR YOUR MOUTH.

- * Chew gum
- * Eat some fresh fruit
- * Use a straw or toothpick
- * Suck on hard candy
- * Try a cinnamon Stick
- * Sip water or juice
- * Munch on carrot sticks

FOR YOUR HANDS:

- * Knit or sew
- * Play with a rubber band
- * Hold a pen or pencil
- * Draw or doodle
- * Squeeze a rubber ball
- * Work on a craft project
- * Paint your nails

*DEALING WITH * NEGATIVE FEELINGS

List three	negative	feelings	that trig	ger cravir	ngs for a
cigarette i	and ways 1	to deal wi	ith them	instead of	Smoking:

	INSTEAD	OF SMOKING
	WHEN I FEEL:	I WILL TRY DOING THIS:
1	A	
•	3	3







EXAMPLES OF WAYS TO DEAL WITH NEGATIVE FEELINGS

IF YOU SMOKE

WHEN YOU FEEL:

TRY DOING THIS:

* Stressed or nervous

★ 60 for a walk; take a hard candy break; remind yourself what you do well

* Bored or lonely

★ Talk to a friend; plan a baby project; do Something you enjoy; listen to music

* Angry or upset

* Write down your feelings; take a walk; talk to a friend









Some people have withdrawal symptoms for a few weeks after quitting. They are your body's normal reaction to quitting. Below are common withdrawal Symptoms and some ways to cope with them:

WITHDRAWAL SYMPTOM:

TRY DOING THIS:

* Feeling grumpy

* Tell others it's a withdrawal symptom; be easy on yourself; avoid caffeine; go for a walk

* Lough and Sore throat

* It's a sign that your lungs and throat are clearing - take cough drops



* Eat low-fat snacks like fruit, popcorn or pretzels; suck on hard candy, drink lots of water

and headaches

* Dizziness * Get fresh air; sit when you feel dizzy; take a nap



WITHDRAWAL SYMPTOM:

TRY DOING THIS:

* Hard time paying attention

★Take a walk; work in Short bursts rather than for long periods; get lots of Sleep

* Constipation

*Increase fruit, veggies, and bran in diet; drink lots of water

* Restlessness

*Go for a walk keep hands busy: avoid caffeine

* Trouble Sleeping

*Avoid caffeine; get more exercise; go to bed only when tired; if can't sleep, get up and read or do something you enjoy until drowsy

These symptoms are normal and will end soon. Your body is healing, and you are becoming a healthy ex-smoker.



Being around Someone while they are Smoking can put you at high risk for having a cigarette. It's a high risk because you see and Smell the cigarette and because cigarettes are right there within reach.



RALLYING YOUR* SUPPORT

When you quit smoking, it helps to get support from people around you here are ways that others might help you:

* Ask others not to smoke around you

* Ask others to be patient with you, especially if you are feeling grumpy

*Ask others to help you with your chores during the first few weeks afteryou quit to ease your stress

* Ask others to remind you how well you are doing not smoking

*Tell your prenatal care provider about your plans to quit



List the people you will ask to help you. Tell them how they can help.

*	Name.	Phone number:	*
	1		
	2		
	3		

HELPING BF * FEEL *

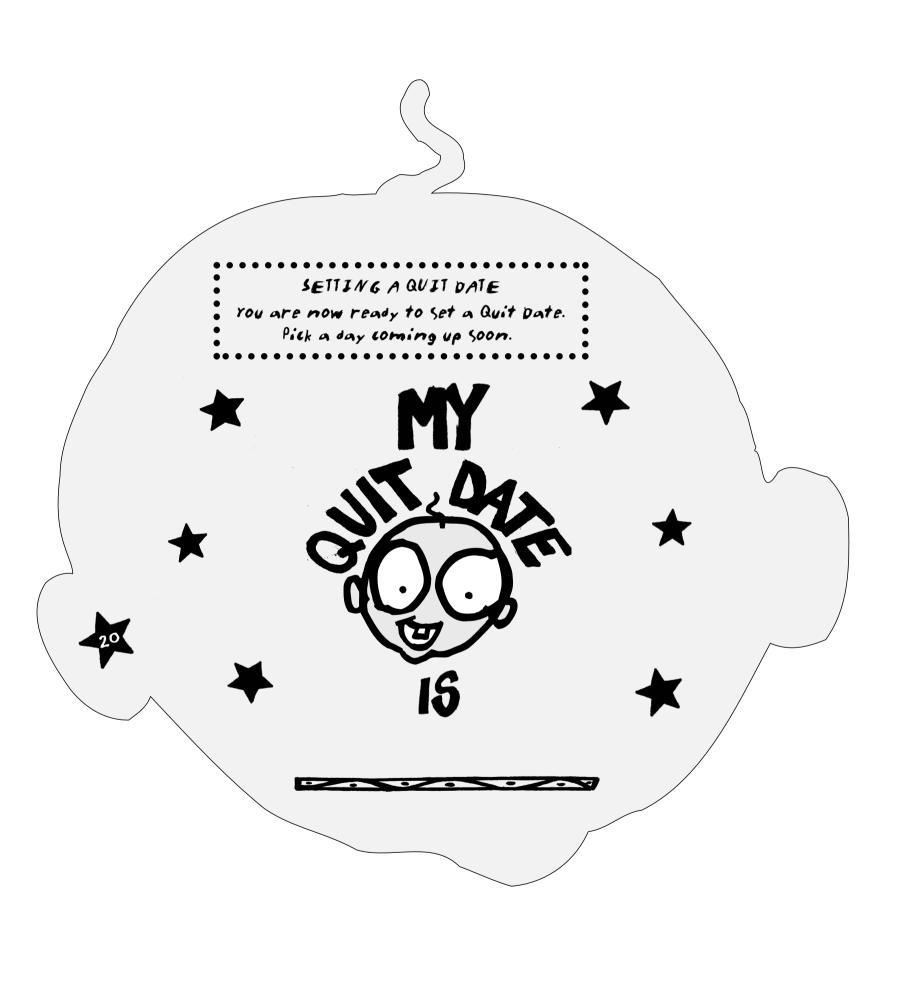
LIST 4 WAYS YOU CAN REWARD OR PAMPER YOURSELF WHILE YOU ARE QUITTING:

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2		~~~			
3_	~~~	~~~			
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EXAMPLES OF POSSIBLE REWARDS:

- * 60 Shopping
- * Ask for a back rub
- * Have some ice cream
- * Paint your nails
- * Listen to your favorite music * Call or visit a friend
- * Take a bubble bath
- * Buy a plant or flowers
- * Rent a video
- * Play a game

At this point, you have prepared yourself for quitting. The next Step is to set a Quit Date.



The day before your Quit Date, get rid of your cigarettes and ashtrays.

Review your preparation plans in this booklet to remind yourself of:

*rour reasons for quitting

* How you will change your daily habits

* How you will keep your hands and mouth busy

*How you will deal with negative feelings

* How you will cope with withdrawal

*How you will handle others smoking

*Who you have asked to help you

* How you will make yourself feel better

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Do something fun on your Quit Day.



HOW TO HANDLE

- * After you quit smoking, it is best not to tempt yourself with even one puff. That's because each time you smoke, you increase the chances of wanting a cigarette in the future.
- * If you do "Slip" and have a cigarette, don't give up. People who quit after they "Slip" tell themselves, "This was a mistake, <u>not</u> a failure."
- *Review your reasons for quitting Think about how you can cope with the craving to smoke in the future.
- *Renew your commitment to quitting. Ask for help from others who want to see you do well.

A "Slip"is a mistake, <u>not</u> a failure.



AFTER YOUR OF SHOWN

IF YOU STAY QUIT, YOUR BABY WILL:

- * Get fewer chest colds, coughs, and ear infections
- * Have fewer asthma and wheezing problems
- *Be at lower risk for SIDS (crib death)
- * Breathe better and grow better
- * Be less likely to become a cigarette smoker

YOU WILL HAVE MORE ENERGY, FEWER HEALTH PROBLEMS, AND SAVE MONEY. EVERYBODY WINS.

Staying quit is the best thing you can do for your baby and yourself.







